



THE MAN BEHIND THE DREAM TEAM
CANUCKS GM ON MAKING IT {page 25}

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MOVE OVER, KATE;
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OTTAWA

metro®

Monday, May 30, 2011
www.metronews.ca



News worth s

Kenyan first to finish line

► Seven Canadian men, 10 Canadian women finish in top 20 at Ottawa marathon ► Kenyan and Ethiopian athletes dominate men's race

In a sprint to the finish, Laban Moiben of Trento, Kenya, was first at the Ottawa Race Weekend marathon, posting a time of 2:10:17 — a mere millisecond ahead of his next closest competitor Dereje Abera Ali of Briarcliff, Ethiopia.

"The course is good," said Moiben, who said rain and humidity hampered his goal of bettering his personal best of 2:09:44. While he said he was happy to win after coming second in the race last year, he said he was not very happy with his time.

"I try my best, even if it was hard. I try my best," he said.

Four Canadian women were among the top-10 runners in the Ottawa Race Weekend after finishing the marathon in less than two hours and 50 minutes. In sixth place, Canadian Emily Kroshus crossed the finish line at 2:42:26, about 10 seconds behind the top woman, Kebebus Haile Lema, of Ethiopia.

Lanni Marchant, Myrium Grenon, and Jill Gamble of Canada also came out on top, beating American Heidi Bretscher who

came in 10th place.

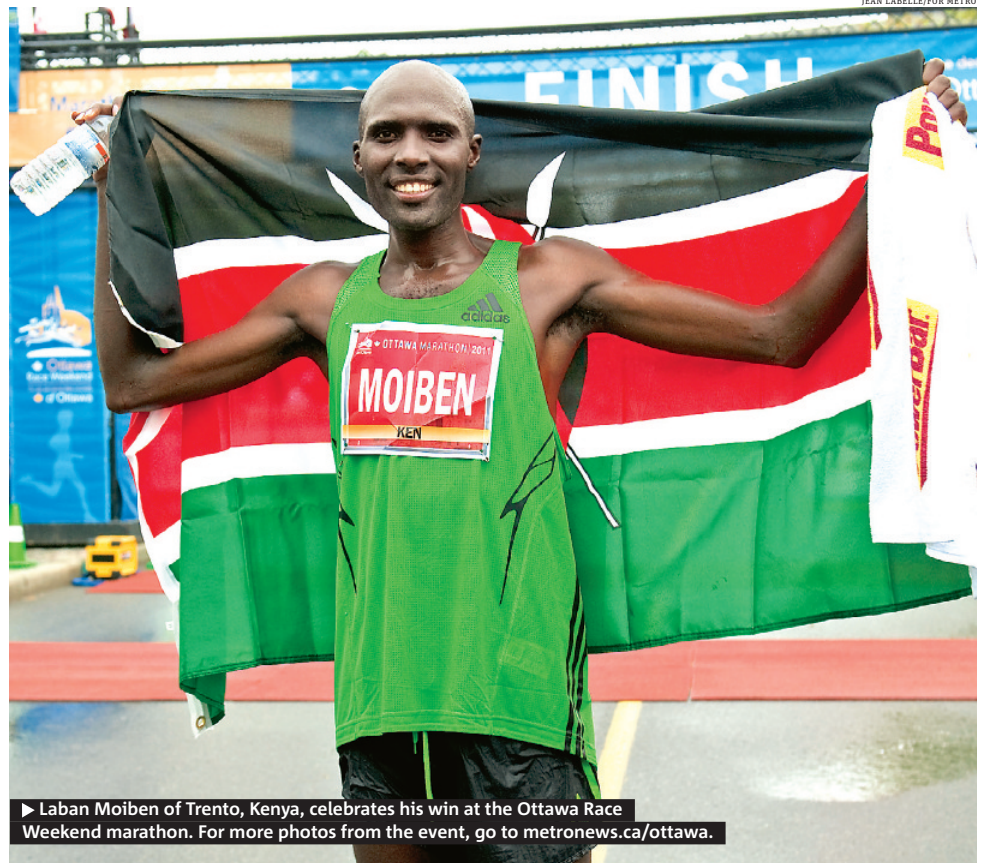
"There was some very stiff competition on the race course this year, with the top four or five men running in a pack for part of the run," said Manny Rodrigues, elite athlete co-ordinator. "It was also great to see four Canadian women place in the top-10 finishers."

On the men's side however, Kenyans and Ethiopians wiped out the competition by claiming all of the top 10 spots. Twenty-four-year-old Lucas McAneney of Toronto was the first Canadian male to finish with a time of 2:19:51.

"I had my own race out there trying to run it with the rest of the Canadians. My goal was to win the championship. I did what I came to do," said McAneney. He said he and other Canadian runners are looking to challenge the Kenyan and Ethiopian runners in future races.

"It comes down to training. They've put in more mileage and more hours than I have, and me and the rest of the Canadians, we've just got to match it and exceed it."

● JOE LOFARO AND SEAN MCKIBBON



► Laban Moiben of Trento, Kenya, celebrates his win at the Ottawa Race Weekend marathon. For more photos from the event, go to metronews.ca/ottawa.

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International crowd at race

► Organizers say Ottawa Race Weekend pumped more than \$25 million into the Ottawa-Gatineau economy



Thousands of soggy runners from as far as Kenya crossed the finish line yesterday on the Queen Elizabeth Drive-way on the final day of the Ottawa Race Weekend.

Visiting from New York City, Kalen Strickland got to take in some sights as she ran in the race with her sister, Laurel Karnes, and her boyfriend.

"This is my first time in Ottawa and it's beautiful," said Strickland, who compared the race to her experience at the New York Marathon. "This is nice because it's not a lot of people and it's not overwhelming. New York's overwhelming."

The only unpleasant part of the run was the rain.

"It's awful," said Strickland. "Everything's fine with your body, but your shoes get heavier, it's harder to run."

On the other hand, Nicole Mikhael of Ottawa actually enjoyed the light drizzle.

"No sun, which is great to prevent dehydration, and the rain has a cooling effect," said the 29-year-old.

The 42-kilometre race was a "euphoric experience," said Mikhael, who ran in memory of her aunt Najah, who passed away eight months ago due to cancer. She qualified for the New York Marathon and will be running there in November.

Results — Men

- Laban Moiben (Kenya) 2:10:17
- Dereje Abera (Ethiopia) 2:10:18
- Dino Sefir Kemal (Ethiopia) 2:10:32
- Silas Sang (Kenya) 2:10:57
- Hosea Rotich (Kenya) 2:11:46
- Hillary Kimai Kipchirchir (Kenya) 2:13:01
- Abdisa Sorri (Ethiopia) 2:13:27
- Towfik Abilshikur (Ethiopia) 2:14:59
- Dereje Yade Woldegiyorgis (Ethiopia) 2:15:58
- Kennedy Kemai (Kenya) 2:17:35

Results — Women

- Kebebush Haile Lema (Ethiopia) 2:32:14
- Birkuktawit Eshetu Degefa (Ethiopia) 2:33:14
- Radiya Adilo Roba (Ethiopia) 2:36:58
- Irina Mashkantseva (Russia) 2:38:04
- Emily Kroshus (Canada) 2:42:26
- Lanni Marchant (Canada) 2:49:13
- Myrium Grenon (Canada) 2:49:38
- Jill Gamble (Canada) 2:50:33
- Heidi Bretscher (USA) 2:51:31



► Sisters Laurel Karnes and Kalen Strickland of New York City take a breath after completing the half-marathon at the Ottawa Race Weekend yesterday.

1

news


Behind the legend of the 'Guardian Angel of Route 66' is the story of a boy and his road. Scan code for story.

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On the web at metronews.ca

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City has last say on building: Mayor

► Provincial tribunal backs keeping Horticulture building in its place ► City won't decide until July



JESSICA SMITH
OTTAWA@METRONEWS.CA

"While I appreciate the advisory committee's perspective and the board's perspective, this will be a political decision by the elected officials of the City of Ottawa."

MAYOR JIM WATSON

Mayor Jim Watson said yesterday it will be up to city council to decide the future of the Horticulture building — after an independent tribunal recommended Friday that the designated heritage building be preserved in its place.

"Council has the final say in terms of whether the building is moved or not," Watson said.

The city wants to move the building within Lans-

downe park to make way for development.

But the Conservation Review Board agreed with the position put forward by the volunteer organization Heritage Ottawa, saying cultural heritage interests are best protected if the building stays put.

The city's Built Heritage

Advisory Committee also says the building should not be moved. Its decisions are also not binding.

Watson said he will wait for a city staff report, due in July, before making a decision on the issue. Council will vote on a group of issues concerning Lansdowne Park at that time.

Truck. Fundraiser



► Rob Kaleta, 5, honks the horn of a truck at the Touch-a-Truck-Fundraiser for Mothercraft Ottawa yesterday at Lincoln Fields shopping centre parking lot. The non-profit offers programs and services for parents with infants and young children.

JESSICA SMITH/METRO

Giving a toot for charity

No more charges from Bonds probe

The OPP say no additional charges will be laid against Ottawa police in the Stacy Bonds affair.

Bond is suing the Ottawa police for \$1.2 million, alleging mistreatment in the cell-block following her arrest in 2008.

THE CANADIAN PRESS

Suspect injured during arrest

A 27-year-old man was charged with assaulting police, mischief, breach of probation and causing a disturbance near the 4100 block of Strandherd Drive Thursday afternoon.

Police say the man was intoxicated and that he sustained injuries during the incident.

JOE LOFARO

Man charged in indecent exposure case

An Ottawa man has been charged with five counts of mischief after complaints someone was exposing himself to women in public areas in the downtown core.

Raul Duanes, 61, was arrested on Thursday and was to appear in court Friday.

JOE LOFARO



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PMO denies border talk

► Leaders did not discuss 1967 boundaries, spokesman says amid glowing Israeli report ► Harper sidesteps questions on the issue at G8 summit

Prime Minister Stephen Harper did not discuss the G8 summit with his Israeli counterpart Benjamin Netanyahu, a Harper spokesman says.

The statement by Dimitri Soudas, Harper's communications director, appears to contradict a report in the Israeli newspaper Haaretz that Netanyahu phoned Harper before the summit to ask him to block G8 support for a Palestinian state based on 1967 borders.

Soudas said yesterday in an email to The Canadian Press that Harper did speak to "various leaders in the last few days, including the Israeli prime minister as well as the head of the Arab League."

But he added "there was no G8 discussion with

Prime Minister Netanyahu."

"The PM's views are long-standing and well known on the Middle East process towards a two-state solution," Soudas said while Harper was visiting Greece after the G8 summit in France.

"Canadian policy on these issues is long-standing. It's important that any statement on the Middle East always have balanced references to the various positions and the G8 statement is a balanced statement."

In a speech earlier this month, U.S. President Barack Obama said talks between the Palestinians and Israel should be based on 1967 borders that existed before the Six Day War in which Israel occupied East Jerusalem, the

West Bank and Gaza.

Haaretz said Israel was particularly concerned about the border proposal because at least seven of the eight G8 countries supported including it in the summit declaration.

The G8's final declaration issued Friday did not include any mention of borders in Israel-Palestine peace talks.

The Haaretz report said Netanyahu told Harper that mentioning the border issue would be detrimental to Israeli interests and a reward to the Palestinians.

As the summit concluded, media reports cited diplomats in saying the 1967 border proposal was omitted from the G8 statement because of objections from Canada.

THE CANADIAN PRESS

Term nixed

One of the ironies of the election that finally delivered the Conservatives a majority government on May 2 is that it appears to have vanquished the "Harper Government."

- The controversial term has almost disappeared from official Government of Canada news releases after suddenly blanketing departmental communications in the months leading up to the fall of the Conservative minority March 25.
- Now, internal government documents obtained by The Canadian Press show that civil servants were being ordered by ministers' offices to use the term, and that they were "obligated to do so if asked."



► Prime Minister Stephen Harper and wife Laureen visit the memorial site of the Kalavryta Massacre in Greece yesterday. On Dec. 13, 1943, Nazi troops executed 696 males over the age of 14 in Kalavryta. The grandfather of Harper spokesman Dimitri Soudas was among those killed.

3,000 riot police deployed in Belgrade

Protesters throwing stones and bottles clashed with baton-wielding riot police yesterday in Belgrade after several thousand Serbian nationalist supporters of jailed war-crimes suspect Ratko Mladic rallied outside the parliament building to demand his release.

Rioters overturned garbage containers, broke traffic lights and set off firecrackers as they rampaged through downtown. Cordons of riot police tried to block their advances, and skirmishes took place in several locations in the centre of the capital. There were no immediate reports of injuries or arrests.

The clashes began after a rally that drew at least 7,000 demonstrators, many singing nationalist songs and carrying banners honouring Mladic, the former Bosnian Serb military commander. Some chanted right-wing slogans and a few gave Nazi salutes.

The demonstrators, who consider Mladic a hero, said Serbia should not hand him over to the UN war crimes



► Bosnian Serb people hold Serbian flags and photos yesterday of former general Ratko Mladic during a protest in Kalinovik, Bosnia.

court in The Hague, Netherlands. "Co-operation with The Hague tribunal represents treason," Serbian Radical Party official Lidija Vukicevic told the crowd. "This is a protest against the shameful arrest of the Serbian hero."

Demonstrators demanded the ouster of Serbia's pro-Western President Boris Tadic, who ordered Mladic's arrest. A sign on the stage read, "Tadic is not Serbia."

More than 3,000 riot police were deployed around government buildings and Western embassies, fearing that the demonstration could turn violent. Riot po-

lice tried to block small groups of extremists from reaching the rally.

Nationalists are furious that the pro-Western government apprehended Mladic on Thursday after nearly 16 years on the run. The 69-year-old former general was caught at a relative's home in a northern Serbian village.

The UN tribunal charged Mladic with genocide in 1995, accusing him of orchestrating the massacre of 8,000 Muslim men and boys in Srebrenica and other war crimes of Bosnia's 1992-95 war.

THE ASSOCIATED PRESS

News in brief

Soldier mourned

PAYING RESPECTS. Friends, family and comrades of Bombardier Karl Manning were struggling to understand why such a well-liked professional would have wanted to take his own life.

Comrades and friends gathered to pay their respects to Manning, 31, in front of the Canadian memorial at Kandahar Airfield yesterday.

An investigation is underway, but his death is believed to be a suicide, as military police have ruled out foul play and enemy action. THE CANADIAN PRESS

Dentures save man's life

LUCKY BREAK. An elderly Brazilian man shot in the face escaped death when his dentures deflected a bullet headed for his brain. A hospital official says that 81-year-old Zacarias Pacheco de Moraes was shot Thursday while working in a bar he

owns in the small western city of Alta Floresta. THE ASSOCIATED PRESS

Douglas file missing pages

QUESTIONS RAISED. Dozens of pages from a decades-old intelligence file on socialist icon Tommy Douglas have mysteriously disappeared.

The disappearance has come to light as the result of a lengthy court battle over the federal government's refusal to fully disclose the dossier amassed by the RCMP on the former Saskatchewan premier.

They were noticed by Paul Champ, lawyer for The Canadian Press, after the government released some additional pages from the Douglas dossier in February. Champ says the lackadaisical handling of the Douglas dossier

raises questions as to whether Library and Archives Canada is discharging its responsibility to preserve historically significant documents.

THE CANADIAN PRESS



Limits may be put on Wal-Mart camping

Campers who like to stop for the night at a Wal-Mart parking lot may not be able to do such a thing so easily next summer in a central Alberta city.

The City of St. Albert is looking at ways to place restrictions on staying overnight in store parking lots, as well as parking vehicles up for sale.

Mayor Nolan Crouse brought forward the motion to look into tightening up bylaws last week.

"His concern seems to be this is something that could grow and (could) become an issue for the community," Coun. Malcolm Parker said yesterday.

Most Wal-Mart stores in North America allow overnight stays, though there are websites listing individual stores and municipalities that don't allow it.

City administration has until next February to return with a recommendation. HEATHER MCINTYRE



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► Boston Pizza rolls out a more locally digestible name for its pizza chain in B.C.

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JEFF HODSON
@METRONEWS.CA

In a slick marketing move, Boston Pizza is re-branding 62 of its B.C. restaurants to a more local digestible moniker — Vancouver Pizza.

The name rolled out at one location yesterday with the remaining restaurants — and all BP signage at Rogers Arena — to be converted before the puck drops Wednesday night on the

HOME ICE ADVANTAGE



Stanley Cup final.

British '70s rock band Supertramp was forced give a little bit when a dreamer at the NHL scheduled Game 1 at the same time as their concert at Rogers Arena. The band rescheduled the show for Thursday.

JEFF HODSON IS THE MANAGING EDITOR OF METRO VANCOUVER

Victory turns violent

► Soccer festivities get out of hand in Barcelona, with more than 80 people arrested and 100 injured in street scuffles

Street parties in Barcelona celebrating the victory of the city's soccer team in the Champions League final turned violent yesterday and at least 18 people were hospitalized, according to local media reports.

Police said more than 80 people were arrested after revellers attacked officers with bottles, flares and other objects, and destroyed park benches and bus stops. The scuffles broke out hours after Barcelona beat Manchester United 3-1 at Wembley Stadium in England on Saturday night.

A police officer was among those hospitalized. The Associated Press photographs show plainclothes police officers, who wore Barcelona jerseys to blend in with the



► A Barcelona FC fan is arrested by plainclothes police officers in Barcelona yesterday during clashes following the Champions League final soccer match on Saturday.

crowds, making arrests. More than 100 other injured people were treated at the scene for cuts and

bruises.

An unnamed 17-year-old woman died accidentally when she slipped

50K

About 50,000 people flooded the streets in Barcelona to celebrate.

and fell into a deep hole beside a fountain while celebrating the win in the northwestern town of Santa Comba, local newspaper La Voz de Galicia reported.

Soccer fans had poured shampoo into the fountain to create bubbles, which concealed an uncovered manhole that led to the fountain's pump, the paper said.

Barcelona players rode through the Catalan capital in an open-top bus yesterday. Thousands of fans greeted the players as the bus, decked out in red and blue, wound its way through the city.

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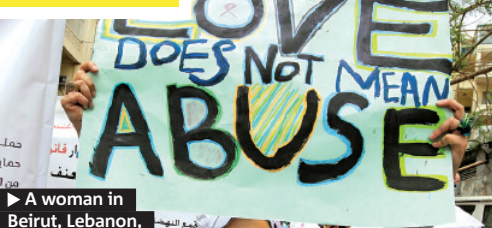
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Rallying. Cry



► A woman in Beirut, Lebanon, carries a banner during a march from the Interior Ministry to a square near the parliament building yesterday, demanding that a law that prevents violence against women be drafted.

BILAL HUSSEIN/THE ASSOCIATED PRESS

Fighting violence in Beirut

Malta votes 'yes' to divorce

► Nation has long Catholic traditions, church's influence on citizens is still significant ► Turnout stood at around 72 per cent, low by Maltese standards

Malta — a tiny, staunchly Catholic Mediterranean island — has voted in favour of legalizing divorce, according to the results of a referendum.

Malta is the last remaining European Union nation that bans divorce. But what had been billed as a historic referendum has ushered in a "new Malta," according to a leading politician.

Yesterday's final results

of the polling the day before showed that 52.67 per cent of people voted in favour of divorce, according to the Times of Malta.

Prime Minister Lawrence Gonzi, who had campaigned against divorce, said parliament would respect the will of the people in the nonbinding referendum and work on legislation to legalize divorce.

"Even though the result

is not what I wished for, now it is our duty to see that the will of the majority is respected," Gonzi said in a televised speech reported by the newspaper.

The issue has been hotly debated and allegiances went beyond party lines.

"This is a conservative society, but Maltese still live like Europeans. This regularizes their lives," said analyst Saviour Balzan, whose

newspaper, Malta Today, had campaigned in favour of the legalization of divorce. "It gives a new life-line to hundreds of people."

Balzan also said the "yes" victory makes Malta more European.

"Divorce is not an obligation for a member state, but it brings us closer to Europe," he told The Associated Press.

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Naval port plans on ice

Environmental and funding concerns are adding years to the construction of an Arctic naval port considered crucial to enforcing Canadian control of the Northwest Passage.

The Nanisivik port in Nunavut was originally supposed to be at least partially up and running by next summer, following a prom-

ise made by Prime Minister Stephen Harper in 2007.

But no construction is planned for this summer and defence officials admit that the refuelling station, intended to give the navy a permanent presence at the eastern gate of the contested passage, won't be operating for years.

THE CANADIAN PRESS



► HMCS Goose Bay moored at the future site of the Nanisivik Naval Facility, during Operation Nanook, on August 2010.

Investors await Bank of Canada rate decision

► RBC Dominion Securities last week assessed chances of a quarter-point hike in July to 12 per cent

The Canadian dollar could be under additional pressure on commodity markets this week after the Bank of Canada delivers its next announcement on interest rates tomorrow.

The dollar moved lower for a fourth week last week, reflecting slowing economic conditions, particularly in the U.S., Canada's largest trading partner, and doubt about when the Bank of Canada will resume raising interest rates.

No one expects the central bank to hike its key rate tomorrow but traders will be anxious to read the bank's statement for clues as to when it will move the rate above one per cent, where it has been since September.

"We don't really even

Rate hikes

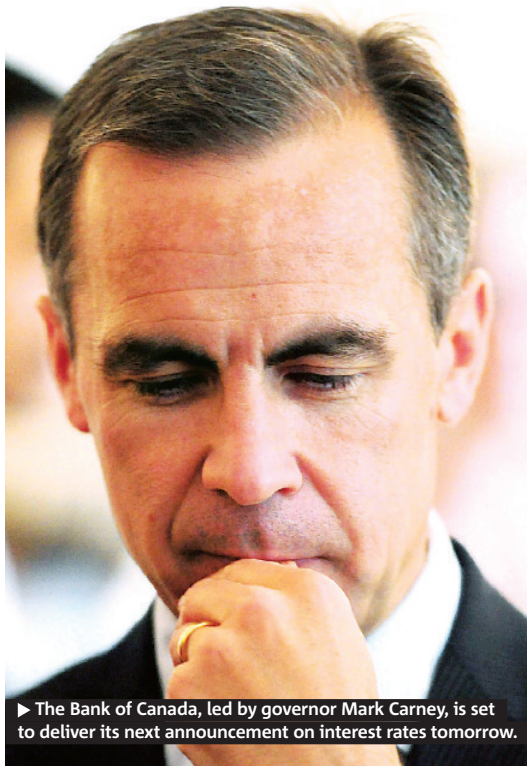
While the prospect of lower interest rates is great news for Canadian borrowers, holding off on rate hikes poses risks for the Canadian economy.

► **Raise costs:** Last week, the Organization for Economic Co-operation and Development urged the Bank of Canada to raise borrowing costs to demonstrate that it has a grip on inflation.

► **One per cent:** The OECD added that at one per cent, the Bank of Canada's key rate is "highly stimulative."

look for talk about imminent rate hikes next week," said BMO Capital Markets deputy chief economist Doug Porter.

THE CANADIAN PRESS



► The Bank of Canada, led by governor Mark Carney, is set to deliver its next announcement on interest rates tomorrow.

PayPal alleges Google stole Wallet

Google Inc.'s ambitious plan to supplant credit cards with smartphones has thrust the Internet search leader into a legal tussle with online payment pioneer PayPal, which contends Google stole its ideas by hiring away two key executives.

PayPal painted a picture of betrayal and corporate espionage in a lawsuit filed

in a California state court, shortly after the unveiling of the "Google Wallet" payment service in New York on Thursday.

The 28-page complaint alleges the service evolved from research that eBay Inc.'s PayPal had been working on for the past decade.




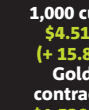
PayPal fingers two central culprits in the intellec-

tual heist — one of its former executives, Osama Bedier, and former eBay executive Stephanie Tilenius.

In its response Friday, Google contends it merely identified talented candidates to run its mobile payments service and then made them offers that proved too tempting to refuse.

"Silicon Valley was built on the ability of individuals to use their knowledge and expertise to seek better employment opportunities, a principle recognized by both California law and public policy," Google spokesman Aaron Zamost said. "We respect trade secrets, and will defend ourselves against these claims." THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
+21.69 (13,797.59)	+0.14 ¢ (102.32¢ US)	+ 36¢ US (\$100.59 US)	\$4.518 (+ 15.8¢) Gold contracts \$1,536.30 (+ \$13.50)

Deadly veggie outbreak spreads across Europe

Spanish vegetables suspected of contamination with a potentially deadly bacteria are being recalled from stores in Austria and the Czech Republic to prevent the spread of a deadly outbreak, officials said yesterday.

The death toll from the bacteria rose to at least 10 people, and hundreds across Europe have been sickened.

Czech authorities said 120 organic Spanish cucumbers were being pulled off shelves while their counterparts in neighbouring Austria announced that "small amounts" of cucumbers, as well as tomatoes and eggplants, were being removed from 33 stores.

The Austrian Agency for Health and Food Safety said it was informed by a European Union warning system that two German companies had issued an immediate recall and sales ban of cucumbers, tomatoes and eggplants they



"As long as experts in Germany and Spain have not (found) the cause of the infection without a doubt, these general warnings for vegetables stay in place."

GERMAN HEALTH MINISTER
ILSE AIGNER

had delivered into stores in the Alpine republic. The agency said that some of the vegetables may have been sold and urged consumers to throw them away. THE ASSOCIATED PRESS

TOURISM

New England hopes to lure Canucks with strong loonie

A Canadian flag flies beside an American one outside the beachfront Friendship Oceanfront Suites motel, beckoning tourists from north of the border. Inside the rooms, the motel's rules are spelled out in English and French.

With Memorial Day weekend marking the

unofficial start to the summer tourism season, businesses have high hopes that the strong Canadian dollar will bring lots of Canadian travellers to northern New England.

A decade ago, when the Canadian dollar was worth about 65 cents in U.S. currency, Canadians made up about 25 per cent of the motel's customers, said owner Dan Donovan. Now, the Canadian dollar is worth a little more than a U.S. dollar, and Canadians make up nearly three-quarters of his clientele, he said. THE ASSOCIATED PRESS

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SOME STORES HAVE THAT SPECIAL FEEL

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA



I never thought I would worry about the fate of my local chain video store. Chains and franchises, after all, are designed to be the same everywhere they are, to squeeze out any vestige of local character, any indication that you're anywhere in particular. They offer a pre-fab experience that privileges the consistent over the special.

The main drag in my neighbourhood features a less-than-scenic parade of these companies' logos, both on signage and on much of the litter blowing around the street. We don't have a neighbourhood butcher and baker. We've got Shoppers Drug Mart and McDonald's and Pizza Hut.

Some of these same businesses are probably on your block, too, but important decisions that affect your local

store are made elsewhere, as in last week's announcement that several local Zellers stores will be relaunched by their new owners as Targets.

And so it is with my local Blockbuster. Its U.S. parent company, much of its business lost to online movie services like Netflix, went into bankruptcy protection last fall and the comparatively healthy Canadian subsidiary has been put on the block to pay off debts. Many outlets will close next month.

The store in my neighbourhood is like the store in everyone's neighbourhood. It's sometimes easy to take for granted and hard to love. Not uncommonly, a wander through the latest harvest of ditty rom-coms and Saw

sequels offers nothing of particular interest.

And yet the ritual of going out and choosing a movie, even a so-so one, is not one I want to give up or take online.

The people who work at the store tend to be movie lovers themselves and they are free with their recommendations, opinions and general chit-chat. No matter how much the stores and their inventory are standardized, they are still run by real people.

They were also well-informed about the corporate goings-on and able to explain to customers what that likely meant for them and us. One told me he was confident this store, a profitable one, would not be one of the 146 that would be shuttered. I hoped he was right.

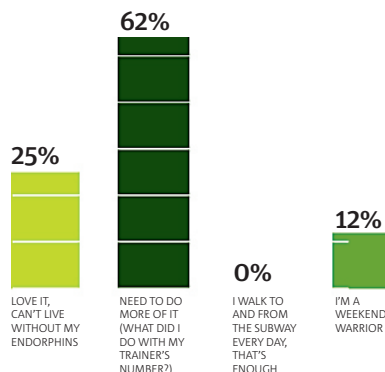
When the hit list came out last week, four Ottawa-area locations were on it (Mississauga, Ont., is losing eight) but my local wasn't one of them. I was surprisingly relieved.

It may be exactly the same as every other outlet, but it's the one in my neighbourhood, and that makes it special enough.



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and take the quick poll

What's your attitude toward exercise?



Worth mentioning

MOREHEAD CITY, N.C.

Archaeologists recovered the first anchor from what's believed to be the wreck of the pirate Blackbeard's flagship off the North Carolina coast Friday, a move that might change plans about how to save the rest of the almost 300-year-old artifacts from the central part of the ship.

Divers had planned to recover the second-largest artifact on what's believed to be the Queen Anne's Revenge but discovered it was too well-attached to other items in the ballast pile, said project manager Mark Wilde-Ramsing. Instead, they pulled up another anchor that is the third-largest artifact and likely was the typical anchor for the ship.

Apparently, pirates had everyday anchors and special anchors just as the rest of us have everyday dishes and good china.

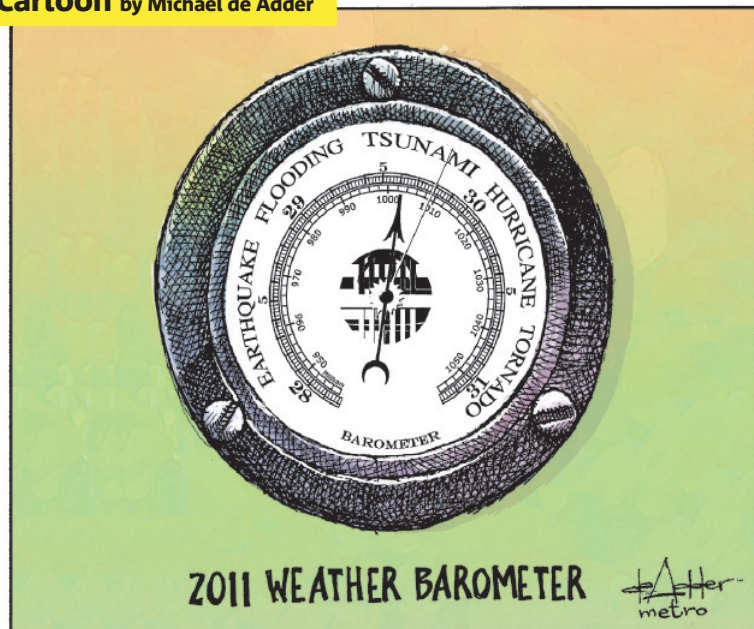
In 1717, Blackbeard captured a French slave ship and renamed it Queen Anne's Revenge. Blackbeard, whose real name was widely believed to be Edward Teach or Thatch, settled in Bath, N.C., and received a governor's pardon. **THE ASSOCIATED PRESS**

Local tweets



- @lianne laing: I am a sap! Tearing up watching emotional runners cross the finish line at #ORW. I am getting set to emcee awards!
- @finola: Thanks!! RT @gadgetgirl_ca Today's runners: go, girls, go! @Finola @spydergrrl #OttawaRaceWeekend
- @martyboy23: #ottawa twitter friends, look at this! Can it be true, no rain in the next 5 days?? Yeha! #ottcity <http://yfrog.com/hoggqjoj>
- @SaraMPhoto:
- @fleur_de_lotus I teared up when I saw @anniebsmilen then @jblatts then @clbucanan — that made those last 2 so easy!!
- @sirsate: Feeling kind of deaf. 2yo wanted to 'hold' her seatbelt closed after mass. No click, no go I said. Yes click, yes squealing fit, apparently.
- @pperezninja: Doing quadratics. Eating Goldfish. Listening to Coolio. #rivetingtweets
- @thegoudalife: Sunday mornings at home. #sigh #favouritethings <http://twitpic.com/548goa>

Cartoon by Michael de Adder



WEIRD NEWS

Case of mummy smuggling wrapped up

The shipping label said the mailed package contained replicas of Peruvian ceramics. An X-ray machine used by customs agents discovered it really held three skulls and a mummy more than 2,000 years old.

Authorities said Friday the package was intercepted at Argentina's central post office, and an Argentine citizen who was waiting for the shipment has been detained as part of an investiga-

tion into illegal trading in ancient cultural artifacts.

Officials speculated the package would have been relayed to a museum or a private collector in Europe, where such old bones are in demand because of the blankets and other woven material that surround ancient South American mummies.

A preliminary evaluation by Argentina's national archaeology institute determined the bones are from the pre-Inca Paracas culture on Peru's coast, and date from between the 7th and 3rd centuries BC, officials said.

Last year, Bolivian police foiled a similar mummy mailing enterprise and detained a woman who tried to send a Peruvian mummy to France.

THE ASSOCIATED PRESS



► **X-Men: First Class**, which opens Friday, tells the story of how Magneto (played by Michael Fassbender), right, turned against his friend Charles Xavier (James McAvoy).

Can X-Men live up to title of a First Class superhero film?

► Opening this week, **X-Men: First Class** is the prequel to an extremely successful franchise



STEVE GOW
SCENE@METRONEWS.CA

It's curious that while Hollywood seems to be making less movies in general, we are entering a summer that features no less than four big-budget superhero blockbusters — including this Friday's release of **X-Men: First Class**.

"It's probably down to the fact that maybe less people are going to the cinema and so they make films that are large in scale where you would

want to go see it on a big screen," offered star Michael Fassbender recently from New York.

"Genres take hold and they run for a while — I would say that's one of the reasons (superhero movies hold up)."

It probably doesn't hurt that **X-Men: First Class** is also the prequel to a very successful franchise that began as pulp fiction in 1963.

The beginning of the saga, **X-Men: First Class** features the original mutant superheroes and how the once-upright Magneto

Good vs. Evil

Charles Xavier

A powerful telepath who can control minds, Xavier recruits fellow mutants to stop a global threat.

Magneto

Erik Lehnsherr discovered his power of magnetism under terrible circumstances and sets his sights on revenge with his mutant ability.

(Fassbender) turned against his friend Charles Xavier (James McAvoy).

"There's such an incredible history there," said McAvoy of the franchise's legacy.

"But the main thing that runs through all the **X-Men** saga — whether it's the comic books, cartoon-form or movies — is that sense of the outsider being the character that you're exploring ... that has to be one reason why it's stuck around for so long."

The previous films surely added fans to the franchise as well.

However, McAvoy and Fassbender weren't intim-

idated by expectations of portraying the respective roles that Ian McKellan and Patrick Stewart defined in the movies.

"I definitely watched the films," said Fassbender.

"I was going to study Ian McKellan, perhaps as a young man and his movements, nuances, voice and then decided not to do that and just use the source material available in the comic books — to just take a totally fresh look at it, wipe the slate clean and go for something new."

2

scene

Box office



The **Hangover Part II** hauled in \$86.5 million US in its first weekend, putting Hollywood on course to set a new revenue record for the Memorial Day long weekend, according to studio estimates yesterday. The **Hangover** sequel did nearly twice the business of the original blockbuster comedy in its \$45 million opening weekend two years ago. DreamWorks Animation's **Kung Fu Panda 2** opened solidly with a \$48 million weekend, though it came in well below the \$60.2 million debut of the first installment three years ago.

THE ASSOCIATED PRESS



As waistlines grow so does the popularity of weight-loss TV shows. Scan code for more.

MTV is back on the upswing again

► Network paying close attention to generation shift of viewers

Over the years, one of the last things you'd see on youth-obsessed MTV was a parent.

Now moms and dads aren't unusual sights, even on the twin totems to wild behaviour and its consequences — Jersey Shore and Teen Mom — that are key to the network's latest resurgence.

Many young viewers targeted by MTV have no problem with parents being an active part of their lives, even during rebellious years, and expect their presence on television.

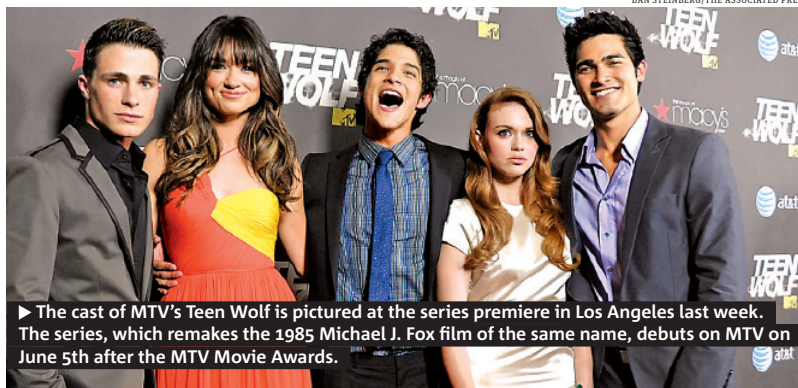
Understanding such generational nuances is crucial to MTV, which has the brutal imperative of reinventing itself every five or six years to appeal to a new

group of 12- to 24-year-olds. Their viewers eventually grow up. MTV never can.

The latest reinvention has MTV with its best ratings in five years. The third season of Jersey Shore was the network's top-rated show ever, and the second season of Teen Mom similarly zoomed up the charts. The challenge now is figuring out how to build on that success and know when to be ready for the next reinvention.

This spring, MTV has steered in a surprisingly traditional direction.

MTV debuts a remake of the Teen Wolf series on June 5, brings back Beavis and Butt-Head later this year, has its own weight-loss series for teens and two Jersey Shore spinoffs in



► The cast of MTV's Teen Wolf is pictured at the series premiere in Los Angeles last week. The series, which remakes the 1985 Michael J. Fox film of the same name, debuts on MTV on June 5th after the MTV Movie Awards.

the works.

Between recycled ideas, spinoffs and a new focus on establishing scripted series, MTV's approach feels more like a typical broadcast network than ever before.

MTV viewers "want more from us," said Van Toffler, president of MTV Networks Music/Films/Logo Group.

"They expect more from

us."

Toffler, who has been with MTV since 1986, and newly appointed network president Stephen Friedman, at MTV since 1998, have survived its ups and downs over the years. The latest cycle began with the expiration of Laguna Beach and The Hills.

After a reasonably successful first season of the

reality competition series Paris Hilton's Best Friend, the second season proved disastrous.

"The audience checked out," Friedman said. "You saw them not believing it. We found out they wanted something more honest. The manufactured reality felt phoney to them."

After all, how many BFFs can you really have, even if

you're Paris?

A couple of years ago MTV Networks acquired rights to a short reality series, World's Strictest Parents, and it was put on the CMT network. MTV decided to run a few episodes, too, and was surprised at how many people watched. At the same time, MTV's head of reality programming had seen statistics about a rise in teen pregnancies and the series 16 and Pregnant was born in spring 2009.

Jersey Shore began in a completely different form, as a pilot of a competition series for VH1. It was retooled into what now exists and MTV knew just by the way people were talking about promotions for the new series that it had a potential hit.

"When you get a little bit scared," Toffler said, "you know something might work."

THE ASSOCIATED PRESS

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Kate, shmame: TV heavyweights eye Pippa Middleton

► First she had a facebook page dedicated to her derrière ► Now the likes of Barbara Walters and Oprah want Kate Middleton's sis to rock American TV

After making a splash at her sister's royal wedding last month, Pippa Middleton is apparently in high demand — especially among U.S. TV heavyweights like Barbara Walters.

"Years ago, when Kate broke up with Prince William briefly, Barbara tried to hire her as a View co-host," a source tells the National Enquirer.

"But now she thinks Pippa's so sassy, young

and gorgeous, she'd be a fantastic fit. Ratings would be amazing!"

But Walters isn't the only one with her eyes on Middleton, as Oprah Winfrey "wants Pippa to host her own show for her OWN network," according to the source.

"O knows it would be a great ratings coup because Pippa's a star on fire — and Americans are so obsessed with the royals." ● METRO



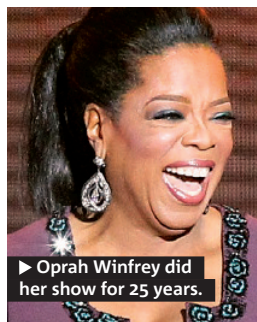
ALL PHOTOS GETTY IMAGES

Oprah may soon be back on air

While Oprah Winfrey said goodbye to audiences last week, it doesn't mean the show is really over, according to Popeater.

"She is going to dedicate herself to her new network and do whatever needs to be done to make sure it's a huge hit," a co-worker of the media mogul says.

"If this means bringing her own show back to life



on her network then she will. I can't imagine that she won't be back on the air before the end of the year." ● METRO

Seymour 'beyond sorry'

Jane Seymour doesn't know what she was thinking when she speculated that Arnold Schwarzenegger probably has more illegitimate children, she says in an interview with The View.

"I am so beyond sorry and appalled that I found myself even talking on the subject at all," Seymour says.



"I just feel so badly for Maria and the children because I've been through similar kinds of stuff."

● METRO

Winehouse hits the bottle

Amy Winehouse is back in rehab, but according to the Sun, she had something of a whirlwind morning in London before checking in.

The tracksuit-clad singer was first spotted downing a small bottle of vodka at a shop counter.

"She seemed out of

it. She was stumbling about, slurring her words," a source says.

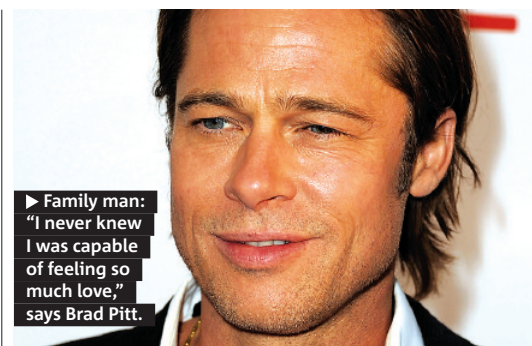
"I was shocked to see her buy vodka so early in the day, and even more shocked to see her knock it straight back."

Winehouse then reportedly headed to a hair salon and demanded to use the restroom,

only to emerge minutes later saying, "I just puked all over your bathroom," according to an eyewitness.

Winehouse's spokesman insists the singer did not throw up and that the comment was meant only as a joke.

● METRO



Brad and Angie to wed for their wee ones?

Brad Pitt admits he and Angelina Jolie can't put off the topic of marriage forever, especially since their kids are getting more curious about it.

"The kids ask about marriage," he tells USA Today.

"It's meaning more and more to them. So it's something we've got to look at."

Of course, marriage

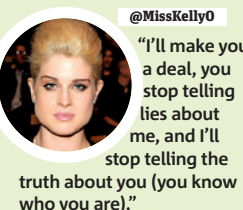
talk isn't the only challenge in their house, as Pitt admits the constant presence of paparazzi can get daunting.

"We're hunted. Our kids have to live behind a gate. Outside, there are people with cameras," he says.

"But I'll take the trade-off. I never knew I was capable of experiencing so much love." ● METRO

Celebrity tweets

Today, Pink wants to be nicer, Pee-wee Herman keeps it educational, Kelly Osbourne is not amused and Conan O'Brien doesn't like a slacker.

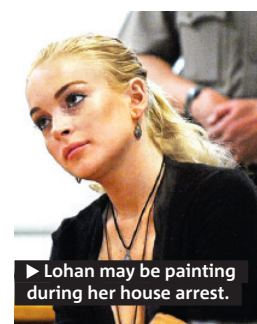


Lilo lays low

Lindsay Lohan is making the most of her four-month house arrest sentence, according to TMZ.

The troubled actress views the forced break from public life as "time to relax, focus on her recovery and figure out her new game plan for her life and career," a source says.

And that new game plan may include more artistic expression, as Lo-



han reportedly stocked up on canvases and oil-based paints. ● METRO

3
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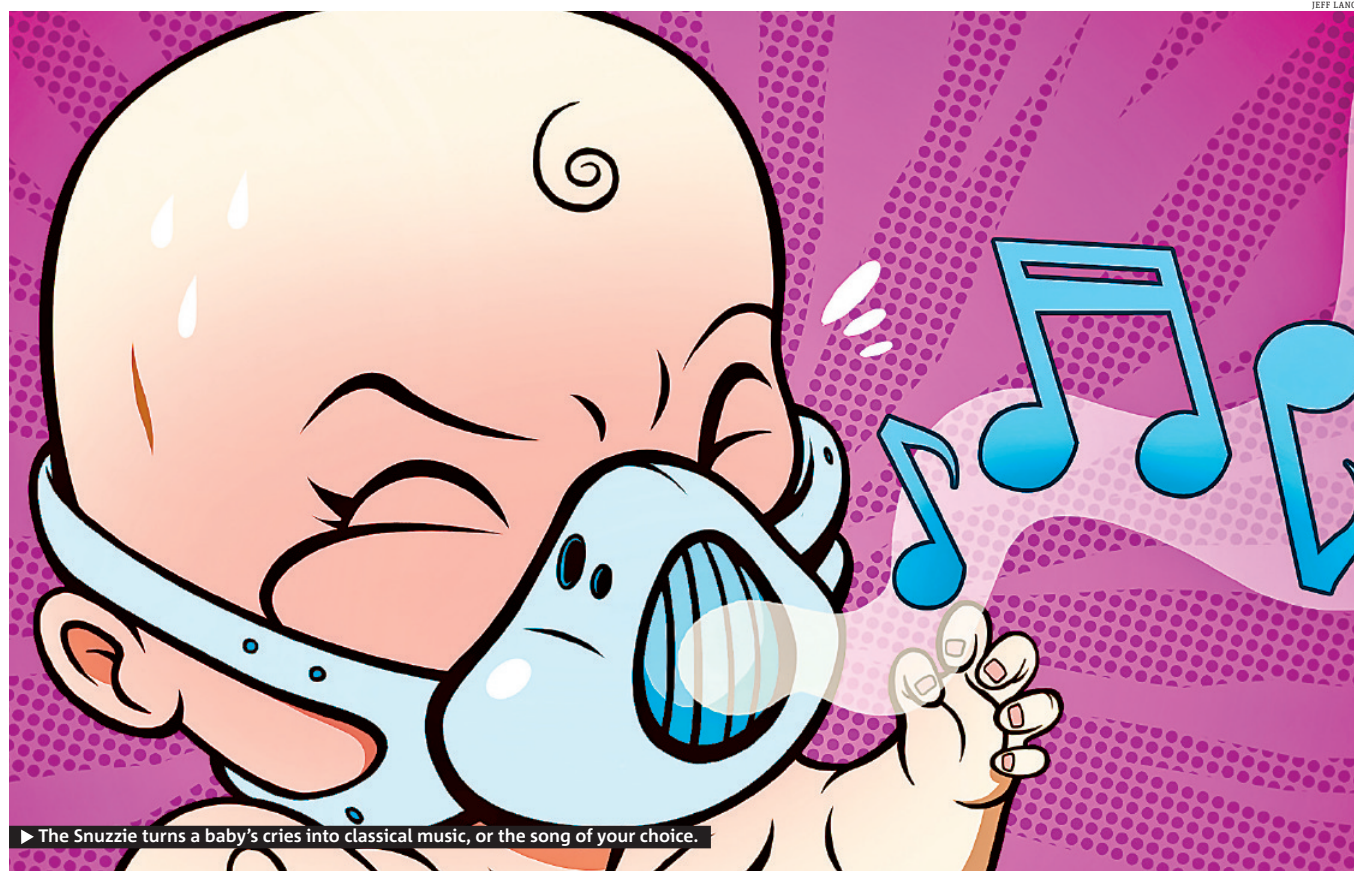
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► The Snuzzie turns a baby's cries into classical music, or the song of your choice.

Inventions we wish existed

► As a parent, you often think, I have a good idea! Here are some of our own (some tongue-in-cheek) with input from Mike Drummond, editor of Investors Digest, about their viability

The Dummy Dispenser

What it does: Hanging from the crib like a giant Pez dispenser, this invention distributes pacifiers when the baby needs one — automatically. If the baby is too young to grab the dummy herself, a robot arm, covered in kid-friendly foam material, extends and places it gently in her mouth. **Says Drummond:** "I suspect Pavlov would love this little number. I have to admit, I do. It encourages motor skills and links desires and behaviour, assuming the dispenser responds to baby cries. I'd want the robotic arm to pull double-duty, however, and pick up the discarded pacifiers."

The Snuzzie

What it does: An electronic muzzle device, the Snuzzie turns a child's cries into classical music — or whatever sound you wish, via downloadable MP3s. Future versions will be able to identify what your child wants from each cry — food, a diaper change, a nap. **Says Drummond:** "Finally a product that addresses the most annoying consumer group — babies! In all honesty, however, this is a product for the consummate narcissistic sadist — which happens to cover a large market segment, given the popularity of botox, stiletto high heels and the Kardashians. Let's stick with pacifiers."

The Inflatable Stroller

What it does: Small enough to fit in your pocket, this product inflates, with the press of a button, to a full sized stroller, made of extremely durable plastic. Gone are the days of lugging one up stairs. **Says Drummond:** "I can get behind this product, having been behind far too many stroller-pushing parents at airport security checkpoints. This seems like a win-win-win for all concerned. The parent/caregiver gets convenience; the baby gets something airy to ride in; and I don't have to wait forever for the stroller to get folded up and shoved through airport X-ray machines."

The Self-Cleaning Floor

What it does: An invisible seal covering your hardwood floors (especially the area where your child eats), the Self-Cleaning Floor breaks down and absorbs fallen food particles in seconds, leaving no mess behind. Also in development (in our imaginations): A self-cleaning highchair and a self-cleaning face. **Says Drummond:** "Again, an invention I could get behind. And we're already seeing a close cousin of this type of technology being developed in the field of nano medical technology — tiny robots that eat cancer cells and such. But what does this do to the five-second rule?"

The Poolarm

What it does: Embedded into each diaper, the Poolarm reads your baby's body chemistry and lets you know, via a digital readout, if she's done pooping or if there's more to come. **Says Drummond:** "Normally I'm for anything that lessens the risk of coming into contact with feces. But unless you're just really into changing diapers, I don't see this as a huge seller. That said, the right amount of fear-based marketing could motivate consumers and scare the crap out of the diaper competition."



**MICHAEL FREIDSON
& EMMA E. FORREST**
LIFE@METRONEWS.CA
METRO WORLD NEWS

To delay or not to delay the vacay?

THE ASSOCIATED PRESS/ HILLARY SPEED

► Couples planning a wedding face the pressure to go on a honeymoon right after tying the knot ► Experts says a belated honeymoon is best for newly weds

My wedding was perfect: A miraculous, 11 degrees C day during an otherwise freezing Boston winter. Friends and family smiling. A gorgeous dress. A tasty cake. Blue-tinted hydrangeas flown in from Japan. And the storybook, love-at-first-sight romance at the centre of it all. There isn't a thing I would change.

It's the honeymoon I'd do over. Specifically, I'd do it at another time.

Couples planning a wedding face pressure to go on a honeymoon immediately after tying the knot. They want to seize the moment and indulge in a romantic, intimate vacation while still riding the wave of wedding euphoria. They also want to escape the obligations of family and friends by running off to a far-away tropical island.

To which I say: Reconsider. Delay that postnuptial vacation.

A belated honeymoon is the No. 1 piece of advice that Carly Roney, editor-in-chief of TheKnot.com, offers engaged couples.

"You should never leave the morning after," said Roney. "You want to have that time with your friends and family, because often people are coming from far, and then you disappear."

Couples should still plan the honeymoon in advance, Roney said, but

book it for five or six months after the wedding. That gives them a chance to "double-dip": They can be around friends, siblings and parents during the next-day playback, when everybody is happy and willing to dissect the event as many times as they want. Then they get to relive the passion of their wedding a few months later on their honeymoon.

Also, following the joy of a wedding with a trip can diminish the excitement of being on vacation.

"Sometimes after that excitement, the honeymoon can be like, 'Do I really have the energy?' It can be a bit of a downer in comparison," Roney said.

According to a study by TheKnot.com and The Wedding Channel in 2010, 80 per cent of couples take a honeymoon, and eight out of 10 of them leave right away.

For us, that felt too soon. Exhausted from the festivities, my husband and I crashed at a Boston hotel, barely able to process the whirlwind we had just experienced. We passed on the Champagne, passed on the chocolate-covered strawberries, and simply collapsed into a deep slumber.

Four hours later, we flew off to Mexico, far from the loved ones we had barely had enough time with the day before.

We arrived in Cancun, waded through customs for more than an hour, and hitched a ride with a car service to a port, where we waited for a ferry to take us to Isla Mujeres. Once there, we hailed a taxi to our B&B.

For most of the 19th century, the word "honeymoon," referred not to a trip, but to the period of time after the wedding when a couple was still swallowed up by love.

"The honeymoon was said to last one month, after which tenderness would wane like 'the changing moon,'" according to scholar Barbara Penner, who wrote *Newlyweds on Tour: Honeymooning in Nineteenth-Century America* (University of New Hampshire Press, 2009).

As the tradition evolved, it began to be seen as the first opportunity for a new couple to be alone and to share sleeping quarters.

But these days, many couples are less desperate for time alone. The rarer opportunity may be those few extra days with far-flung loved ones.

And most couples have jobs with limited time off, and have already spent many a paycheck on the wedding itself. By returning to work for a few extra months, they could perhaps earn a more extravagant vacation, or take one with less guilt.

THE ASSOCIATED PRESS



► A belated honeymoon is the No. 1 piece of advice that Carly Roney, editor-in-chief of TheKnot.com, offers engaged couples.

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WorldPartnershipWalk.com/Ottawa

Breads for breakfast, lunch and even dinner

- This Avocado Banana Bread is ideal for a morning or afternoon treat
- The Asiago Garlic Bread makes a perfect side dish to any entrée

BOTH PHOTOS: THE CANADIAN PRESS H/O



► This recipe makes eight mini loaves.

A perfect breakfast on the go or a great addition to lunch, this nutrient-filled banana bread made with whole-wheat, high-fibre and folate-rich avocados, and high-potassium bananas is a satisfying treat.

Preparation:

- 1 Preheat oven to 180 C (350 F).
- 2 In bowl, combine flour, baking powder and salt. In another bowl, combine avocados, bananas, honey and vanilla. Fold dry mix into avocado-banana mix. Spoon evenly into 8 greased mini pans.
- 3 Bake 25 to 30 minutes or until toothpick inserted into middle of loaf comes out clean. Let cool then run knife along edges and invert onto wire racks.

Ingredients:

- 500 ml (2 cups) whole-wheat flour
- 15 ml (1 tbsp) baking powder
- 2 ml (1/2 tsp) sea salt
- 2 pureed avocados
- 2 mashed bananas
- 175 ml (3/4 cup) honey
- 5 ml (1 tsp) vanilla extract

THE CANADIAN PRESS/
AVOCADOS FROM MEXICO

Asiago Garlic Bread



This version of garlic bread, with chopped oil-packed sun-dried tomatoes and crumbled Asiago cheese, will add a unique addition to any meal.

Preparation:

- 1 Preheat oven to 200 C (400 F).
- 2 In bowl, combine garlic, butter, chives and sun-dried tomatoes. Cut vertical slits in
- 3 Top baguette evenly with Asiago cheese; bake 8 minutes or until cheese is softened and baguette is hot and crisp. **THE CANADIAN PRESS/ DEMPSTER'S OVEN-FRESH BAGUETTE**

Ingredients:

- 1 clove garlic, minced
- 30 ml (2 tbsp) soft butter
- 15 ml (1 tbsp) chopped chives
- 15 ml (1 tbsp) chopped oil-packed sun-dried tomatoes
- 1 white or multi-grain baguette
- 50 ml (1/4 cup) crumbled Asiago cheese

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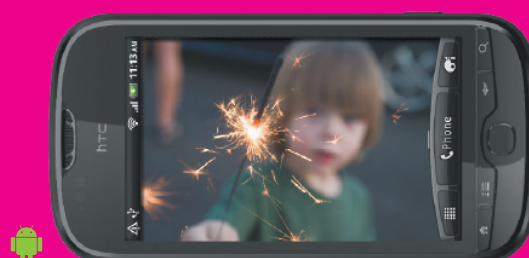
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Taste the waste: unwanted food to be resold as lunch

► Millions of tons of food is wasted every year in the U.K. ► But it's a culinary treasure trove for one café in Haringey, North London, that collects unsold supermarket food and cooks budget meals for hungry clients

ANTHONY JOHNSTON
GREEN@METRONEWS.CA
METRO WORLD NEWS

We would all cringe at the sight of unsold food from shops and restaurant tossed into roadside skips, but how would you react to unwanted food served in a restaurant for a hungry lunchtime clientele?

This is exactly the business of FoodCycle, a London-based charity that turns surplus food from retailers into hearty budget meals.

They run a community café in Haringey, north

London, which is abuzz with residents and moms pushing prams come lunchtime, feasting upon dishes of unused food produce donated by local supermarkets.

The fruit and vegetables they get are a day or two past the shops' sell-by date. Resold meat or fish is off the menu "for safety reasons," café manager Jessica Veltman says.

Every year 1.4 million tons of food are wasted by U.K. retailers while 11.9 million tons is thrown out by households, says WRAP, the government recycling body.

RESTAURANT REVIEW

Good, not scary meal

Starter: Parsnip & carrot soup. It was a little too peppery. Were they trying to mask something?

Main course: Jacket potato, topped by aubergines, tomatoes, kidney beans and cheese. No sooner had I tucked into my meal

than it began to look like a dog's dinner. But presentation aside, the potato filled a hole in my belly with tasty vegetable goodness. I was left satisfied.

Dessert: Apple & cinnamon cake. Somewhat soggy but in truth scrumptious.

Verdict: In the end, any 'horror food' images were a distant memory. The wholesome meal, and family-friendly ambience, put my mind – and indeed my stomach – at complete ease.



ANASTASIA JOHNSTON

DO NOT THROW AWAY THAT EXTRA DRYWALL

How can I get rid of drywall from my recent home reno? *Calvin of Vancouver*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



Whatever you do, do not put drywall (also known as gypsum board, wall-board, plasterboard, gyp-

board and sheetrock) into your residential garbage bins.

Drywall is actually recyclable.

Gypsum Recycling International estimates that 40 tons of gypsum waste is landfilled around the globe each day.

Search for a waste transfer station in your city that accepts gypsum drywall.

Residents of Vancouver can drop off "residential



quantities" of drywall at any regional transfer station or at the Vancouver Landfill.

A "residential quantity" means one level pick-up

truckload or less.

If you have a large load, contact New West Gypsum Recycling.

They recycle all non-asbestos-containing drywall from the region into new gypsum drywall.

Make sure that your drywall does not contain asbestos. To dispose of gypsum drywall containing asbestos, call 604-RECYCLE for disposal options.

While you're at it,

check out how to recycle wood waste, too.

Clean, unpainted, untreated wood waste can now be recycled at transfer stations and the Vancouver Landfill.

Wood waste is added to the yard trimmings pile.

Clean and some treated wood are also accepted at Urban Wood Waste Recyclers' plant in South Vancouver.

Did you know you can

also recycle asphalt shingles?

They can be dropped off at a few facilities around Vancouver.

Find the location closest to you on at metrovancover.org under Metro Vancouver Recycles listed under "Building Materials — Roofing / Shingles".



David
Suzuki
Foundation

On the health-care horizon

► Globalization, immigration and an aging population are creating new career opportunities in health care
► Here's how the health sciences industry is going to change in the coming years



KIM ZARZOUR
FOR METRO

If you have a mind for science and a heart for caring, the future looks full of promise.

Thanks to changing demographics — an aging population and increased immigration — those interested in a career in health sciences have a wealth of options.

"The future is bright because there is always going to be a job in health care," says Dr. Jacques Bradwejn, Dean of the Faculty of Medicine at the University of Ottawa. As Canadians grow older and the population becomes more diversified, he says, the field is ripe with opportunity.

By 2025, one in four Canadians will be over 65, and those older Canadians will need help with their health. What that means for those interested in health sciences is a range of new career options.

Home health care

Research shows people recover faster in their own homes, and a growing number of careers will revolve around providing that home-based care.

In fact, experts are predicting hospitals will be-

come places of training rather than treatment, and homes will be the place where the bulk of care is received, says Aleksandra Zecevic who teaches aging and health at the University of Western Ontario.

The "McJobs" of the future will be personal care workers, as corporations enter the field in the same way privatization took over garbage collection, and the current haphazard approach to home care becomes more efficient, predicts Dr. Ken Rockwood, professor of geriatric medicine at Dalhousie.

A host of other opportunities will arise to meet the home health-care movement, from nurses who specialize in home care, to home renovators who install elevators and easy-access baths.

Community health services

As the population ages, health-care providers will face patients with multiple problems — obesity, diabetes, heart disease, cancer and dementia.

Integrated care will become key, creating a need for new disciplines such as geriatric rehabilitation aides with skill sets such as nutrition, physiotherapy and occupational therapy, Dr. Rockwood says.

And, there will be more collaboration between health professionals, adds Doug Angus, director of the PhD Program in Population Health at University of Ottawa. "Traditionally we've trained people from a narrow clinical perspective," but physicians, dietitians, physiotherapists and chiropractors will need to work together in family health-care teams or community health centres.

Gerontology

There will be a growing need for health-care providers who specialize in the elderly — from doctors of geriatric medicine, to gerontology-focused nurses and social workers — through programs like Grant MacEwan University in Edmonton, which offers a distance certificate pro-

Growing older

- Canada's population is expected to age rapidly until 2031, by which time the entire baby boom generation would have turned 65.
- The number of senior citizens could more than double, outnumbering children for the first time.
- By 2036, the median age of the population would range between 42 and 45 years, compared with the current median of 39.5.
- Projections also show Canada would have far more elderly people. In 2009, there were roughly 1.3 million people aged 80 or over. This could increase to 3.3 million by 2036.

FROM STATISTICS CANADA
STUDIES RELEASED LAST YEAR



► Geriatric rehabilitation is being combined with nutrition, physiotherapy and occupational therapy.

JUPITERIMAGES/THINKSTOCK



► Experts predict the bulk of care will be received in homes, rather than hospitals.



► There's a growing need for professionals who can tackle emerging infectious diseases.

JAMES PERAGINE/JUPITERIMAGES/THINKSTOCK

Diversity

The diversity of Canada's population will continue to increase significantly during the next two decades.

- Between now and 2031, the foreign-born population of Canada could increase approximately four times faster than the rest of the population. By 2031, between 25 and 28 per cent of the population could be foreign-born. About 55 per cent of this population would be born in Asia.
- By 2031, nearly one-half (46 per cent) of Canadians aged 15 and over would be foreign-born, or would have at least one foreign-born parent, up from 39 per cent in 2006.

FROM STATISTICS CANADA
STUDIES RELEASED LAST YEAR

gram in Post-Basic Nursing Practice, UBC's Okanagan campus two-year Bachelor of Social Work Aging Specialization, and Toronto's Seneca College two-year diploma for social service worker in gerontology.

Holistic health

A growing immigrant population will bring more opportunities. With different backgrounds come different requirements. One example, Angus says, is Vancouver General Hospital, which deals with a large Asian population and is combining Eastern and Western approaches to medicine.

While a variety of col-

leges and institutes offer training in holistic and naturopathic medicines, mainstream health science programs, like that at University of Western Ontario, now expose undergrads to alternative approaches.

Disease management

With immigration and globalization, there's a growing need for professionals who can tackle emerging infectious diseases — think SARS and H1N1. Other diseases, like TB, are re-emerging and providing new challenges since they're drug resistant.

There's a demand for epidemiologists and other professionals who can

monitor the growth of viruses and bacteria, predict how populations might evolve and plan for pandemic preparedness.

With an aging population and medical advances, conditions that once were acute and life-threatening, like diabetes and coronary artery disease, are becoming chronic illnesses that will require specialists in health promotion, disease prevention, disease management and rehabilitation to help patients manage their disease.

Technology

The fields of engineering and computer science will also have a role in health

care. Imagine a world where your "smart home" has toilets that automatically analyze urine to inform your fridge what nutrients you need, or monitors that let you know by your heart rate or sweat rate to alter the room temperature.

Some of the innovations are already happening, as robotics enable doctors to perform minimally invasive or remote surgery.

And with hundreds of new drugs introduced each year around the world, several colleges like Seneca and Humber in Toronto offer training for much-needed clinical researchers to design, monitor and manage clinical trials.

GET THE CAREER YOU WANT! CLASSES STARTING SOON

Personal Support Worker

Part time evening program now available!

Program Objective

Knowing that you are making a difference for people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

Sensitivity to individuals and their rights is a central theme of the instruction for the Personal Support Worker. Students will acquire the necessary skills to respond to the emotional and physical needs of residents and clients who are under their care. This 27 week program includes 11 weeks of clinical placement and is offered mornings, afternoons, and evenings.

In order to graduate from this program, you must pass a national uniform examination administered by the National Association of Career Colleges.

Personal Support Worker subjects include:

- Student Success Strategies
- Computer Essentials
- Individuality of the Person
- Role of the Worker
- Interpersonal Skills
- Safety
- Assisting with Mobility
- Household Management and Meal Preparation
- Providing Optimal Support
- Cognitive Impairment and Mental Health Issues
- Assisting with the Management of Ongoing Conditions
- Assisting with Personal Hygiene
- Assisting the Dying Person
- Assisting the Family
- Assisting with Medications
- First Aid and CPR – Level C
- Abuse



Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
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- Pharmacology
- Compounding
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- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy



Paralegal

Part time evening program now available!

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada. To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

This 44 week program includes a 4 week co-op placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Fitness & Health Promotion

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This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 40 week program including a 3 week co-op placement.

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The objective of this program is to train you in the practices of financial accounting and payroll in Canada.

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► When trying to convince your boss that working from home might be best for you, don't forget to tell them why the change could benefit their business as well.

Can I work from home?

► Tough it out and talk to your boss about the occasional telecommute



DREW HINSHAW
LIFE@METRONews.ca

In a summer when petrol prices push \$5-a-pint, and subways cards scalp for the same price as baseball tickets, just about every working stiff agrees on the benefits of telecom-

muting except one: your boss.

Talking the office naysayer into allowing the occasional telecommute can require exhausting acts of persuasion, career counsellors say.

"It really is about convincing the boss," warns Tory Johnson, co-author of

Will Work From Home.

To accomplish that, she adds, you'll have to come with a well-prepared pitch. Keep the following tips in mind.

Start with a Short Term Try-Out

Don't approach your boss requesting a permanent change of scenery, Johnson cautions.

"It's a lot easier if you are initially focused on a trial period," she says.

Plus, Career Builder.com career coach Alison Nawoj adds, that will afford you the opportunity to prove yourself.

"Your boss may have concerns that you don't have good self-discipline," she says.

"This is a chance to convince them you're a self-starter."

Ask Not What Telecommuting Can Do For You

"Whatever benefits you come up with should center on how this can help your employer, not how it can help you," Nawoj offers.

Those benefits abound, Johnson adds.

"For example, if you have a two hour commute, be willing to give up half that commute time just to start working earlier," she says.

Show that You've Thought it Through

"Recognize that the onus, at least in the beginning, is really going to be on you," Johnson says. "Do you have the right equipment? Do you have space in your home where you can make this work? Do some research first."

A guide to giving back

► You've been thinking about volunteering ► But where to begin?

Volunteering is a great way to give back to the community, try new things and gain valuable experience. But for many young Canadians, it's difficult to know where to start. Rick Ashbee, national executive director for The Duke of Edinburgh's Award, offers some tips and advice for young Canadians interested in making a difference.

thing that's a fit for you.

Look around you

One of the best ways to get started with volunteering is by finding opportunities in your own community. Chances are, there's an opportunity for you to volunteer your time right in your own backyard where you get the added benefit of seeing the impact in your own community.

Find your passion

There are so many different ways that you can get involved in the community it can be difficult to know where to start. As a first step think about things you like to do or something new that you'd like to try, and do some research to find out what's out there. Volunteer opportunities come in all shapes and sizes so keep an open mind to find some-

Be creative

If you see an opportunity to initiate a new project or want to volunteer with a particular organization, look into it. There are always new ways to have an impact and you may find that it's a great opportunity to take the lead with something that hasn't been done before.

NEWS CANADA



► Make sure to ask your friends if they know of a great place to do volunteer work.

A boss' defence

- "I really think you have to be here."
- "If you know this is the reaction your boss is going to have," Johnson says, "you need to say 'Out of sight does not necessarily mean out of mind. I'll have to be more proactive about keeping everyone in the loop.'"
- "What if something comes

up?"

- "You need to say, 'I will be flexible,'" Johnson recommends. "Then, demonstrating that flexibility is going to be important."
- "If I say yes to you, I'm going to have to say yes to everyone."
- "That's often a big one," Johnson notes. "Investigate. Is there any company policy around this issue?"

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So Junior's home from college...

► As students return home from school for the summer, parents brace for piles of laundry and late, late nights

After nine months away, campus and the place where college students grew up may seem like worlds apart.

Summer at home – so often eagerly awaited by the students, their parents and siblings – is often a mixed-up time of happy reunions, unexpected challenges and weird new family dynamics as not-quite adult kids return temporarily to the nest.

"They have a whole new world, filled with new friends and new ideas, new independence," and that sometimes clashes with things back home, said psychologist Karen Levin Coburn, a consultant at Washington University in St. Louis and author of *Letting Go: A Parent's Guide to Understanding the College Years*.

Cindy Jez, a 55-year-old real estate manager in Richmond, Va., has gone through these transition summers several times with her two oldest boys, a junior and senior in college. "I remember crying when they first went to college. Now I'm crying when they come home," she jokes.



► "Mom, you're not even going to do my laundry while I'm home?"

Don't get her wrong – Jez loves having the boys back home.

And yet, she also knows their return means piles of dirty laundry, a perennially lost TV remote, a disconnected security alarm to accommodate their late

nights out, and jealousy from her two younger sons as the big men on campus suddenly get all the attention.

"The first time they come back there's always an adjustment period," Jez said. They're used to the

freedom of college life, and "there are still boundaries at home."

"I try not to be a nag. I try to recognize that they're young adults," she says of

sons Nolan, 20, and Cory, 22. "They need to have their own sense of responsibility. At the same time, I find myself constantly doing reminders. I'll send

them texts: Picked up eight pairs of filthy socks in the family room last night."

"It's a balancing act" for everybody, Jez said.

THE ASSOCIATED PRESS

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21J065

Timeless advice

Karen Levin Coburn's
book, *Letting Go: A
Parent's Guide to Under-
standing the College
Years*, was first printed in
1988.

► Families should discuss ex-
pectations soon after their
students arrive back home
– things like curfews,
household chores and
spending money, so every-
one is on the same page,
Coburn said.

► Despite all their new-
found independence, for
college kids, home "is still
their emotional
touchstone. It's just impor-
tant for parents to be sen-
sitive to that," Coburn
said.

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24

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MONDAY, MAY 30, 2011

Climb every mountain

► How one man is reaching out to others by reaching for the top

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA



When asked to scale the tallest mountain in Africa to improve the quality of life for children struggling with mental illness, Bryce Wylde only had to think for second. "I'll do it," he said. "Count me in."

Wylde is well known as one of Canada's leading authorities on alternative medicine, for his weekly television show on CP24 and his guest appearances on Dr. Oz. But he had never spoken publicly about a subject that is close to his

heart.

"My family has been riddled with mental health issues," Bryce admits. He watched his late father struggle his whole life and it left a lasting impact on how Bryce looks at life and health.

Climbing Mt. Kilimanjaro is very challenging and

Kilimanjaro

- Mount Kilimanjaro is the tallest freestanding mountain rise in the world
- Measures 4,600 meters (15,100 feet) from its base
- Kilimanjaro features glaciers, deserts and tropical jungles
- Up to 25,000 people attempt to reach the summit every year
- Up to nine people die every year

I ask him what he'll be feeling the day he reaches the top. Will it be personal fulfillment, excitement and accomplishment?

Bryce grows silent and his eyes slowly fill with tears.

"That day I'll be thinking about my Dad," he says emotionally, "and the hope that other children will never have to go through what he did."

Climb for kids

The Climb to Conquer the Stigma of Adolescent Mental Illness:

- Markham Stouffville Hospital Foundation
- Mt. Kilimanjaro
- July 10-21, 2011
- Go on line to support Bryce Wylde: bit.ly/eDjCeA



TROUVE TA VOIE

★★★★★★★★★★★★★★★★

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lors des sondages annuels 2011



Thinking outside the box

► By bringing new ideas, Gillis has helped take Canucks to Cup final

From the day Mike Gillis was hired as general manager of the Vancouver Canucks, he's done things differently.

The status quo isn't good enough for Gillis. He believes just because something has worked in the past, it doesn't mean it can't be improved.

In his three years in Vancouver, Gillis has ruffled feathers and his ideas have been mocked. But with the Canucks preparing to play the Boston Bruins in the franchise's first Stanley Cup final in 17 years it's hard to argue with the results.

"We've tried to be as scientific in the approach of developing and interacting with players as we could be," Gillis said while watching a recent Canuck practice from the stands at Rogers Arena.

"I have no idea how much that has influenced the outcome. I think there is some influence for sure."

Gillis talks about the plan he devised for the Canucks. He won't give specific details of the plan, but points at the team on the ice as its product.

"We had a plan that we stuck to no matter what was going on around us, no matter what the speculation was around us," Gillis said.

"We knew we were going to have a good team. We didn't know if we were going to be able to add parts that would

Off the ice

Some of Mike Gillis's off-ice innovations have raised eyebrows.

- A sleep doctor advises players on when they should nap and even helps determine who should room together on the road.
- Gillis has tinkered with the travel schedule, having the team stay overnight after some road games instead of immediately flying home.

make us a really good team. When those parts began to occur, we got progressively better."

The Stanley Cup final begins Wednesday at Rogers Arena. Game 2 will be Saturday.

Gillis and his staff have managed to work within the confines of the NHL salary cap to build a Canuck team full of skill and deep in talent.

Goaltender Roberto Luongo was signed to a 12-year, \$64-million US deal. It was a contract that satisfied Luongo while counting as a \$5.33-million hit on the Canuck books each year.

Gillis convinced other players like Daniel and Henrik Sedin, Alex Burrows and Ryan Kesler to re-sign for less money than what they might have gotten from other teams.

THE CANADIAN PRESS



► Canucks general manager Mike Gillis takes questions from reporters last week.

4
sports

Quoted



"Coming from where I was two months ago, making the statement the season was over, to potentially having a possibility to play in the NHL Stanley Cup final is incredibly exciting for me."

VANCOUVER CANUCKS
CENTRE MANNY MALHOTRA,
WHO HAS BEEN CLEARED TO
PLAY IN THE FINAL.
MALHOTRA SUFFERED A
SERIOUS EYE INJURY ON
MARCH 16.

Crash decides Indy 500

Dan Wheldon was zipping toward the final corner of yesterday's Indianapolis 500, surely figuring the best he could do was another runner-up finish.

Then he came upon JR Hildebrand's crumpled car, all smashed up and sliding along the wall.

The rookie had made the ultimate mistake with his very last turn of the wheel, and Wheldon, not Hilde-

2.1 JR Hildebrand was leading by almost four seconds before his crash. His battered car slid across the finish line 2.1 seconds behind Dan Wheldon.

brand, made an improbable turn into Victory Lane.

"It's obviously unfortunate, but that's Indianapolis," said Wheldon, who

won Indy in 2005 and finished second the last two years. "That's why it's the greatest spectacle in racing. You never know what's going to happen."

In his first event of the year, Wheldon captured the ultimate IndyCar prize. But the 100th anniversary of the Indy 500 will be remembered more for the guy who let it slip away.

THE ASSOCIATED PRESS

Sports in brief

Federer, Djokovic move on in Paris

TENNIS. Roger Federer extended his quarter-final streak at major tournaments to 28 with a 6-3, 6-2, 7-5 victory over Stanislas Wawrinka at the French Open yesterday. Novak Djokovic

stretched his winning streak to 43 matches by beating Richard Gasquet of France 6-4, 6-4, 6-2.

THE ASSOCIATED PRESS

Hill's slam paces Jays' win

MLB. Aaron Hill hit his first homer of the season and first career grand slam as the Blue Jays (27-26) beat the Chicago White Sox 13-4 in Toronto yesterday.

THE CANADIAN PRESS



Scan code for more sports.

NHL

PLAYOFFS

All times Eastern

STANLEY CUP FINAL

(Best-of-7 series)

VANCOUVER (W1) VS. BOSTON (E3)

Wednesday's game

Boston at Vancouver, 8 p.m.

Saturday, June 4

Boston at Vancouver, 8 p.m.

Monday, June 6

Vancouver at Boston, 8 p.m.

Tuesday, June 7

Vancouver at Boston, 8 p.m.

Friday, June 10

x-Boston at Vancouver, 8 p.m.

Monday, June 13

x-Vancouver at Boston, 8 p.m.

Wednesday, June 15

x-Boston at Vancouver, 8 p.m.

x — if necessary.

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	2	19	21
St. Louis, TB	10	10	20
Lecavalier, TB	6	13	19
Kesler, Vcr	7	11	18
Krejci, Bos	10	7	17
Horton, Bos	8	9	17
Purcell, TB	6	11	17
J.Thornton, SJ	3	14	17
D.Sedin, Vcr	8	8	16
Boyle, SJ	3	13	16
Clowe, SJ	6	9	15
P.Bergeron, Bos	4	11	15
Datsyuk, Det	4	11	15
Burrows, Vcr	7	7	14
Couture, SJ	7	7	14
Downie, TB	2	12	14
Marleau, SJ	8	5	13
Ward, Nash	7	6	13
Stamkos, TB	6	7	13

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pt	GF	GA
Philadelphia	6	3	2	20	14	9
New York	4	2	6	18	18	11
Houston	3	4	6	15	17	15
Columbus	3	3	5	14	11	13
New England	3	5	4	13	10	15
D.C.	3	4	3	12	13	18
Toronto FC	2	5	6	12	13	23
Chicago	1	4	6	9	15	19
Sporting Kansas City	1	6	2	5	12	19

WESTERN CONFERENCE

	W	L	T	Pt	GF	GA
Los Angeles	8	2	5	29	20	12
FC Dallas	6	3	4	22	16	12
Seattle	5	4	5	20	16	13
Colorado	4	3	6	18	15	13
Portland	5	3	2	17	13	14
Real Salt Lake	5	2	2	17	10	4
Chivas USA	3	4	4	13	14	13
San Jose	3	4	4	13	14	14
Vancouver	1	5	6	9	13	17

Note: 3 points for victory, 1 point for tie.

Yesterday's result

D.C. United at Portland

Saturday's results

Philadelphia 6 Toronto FC 2

Vancouver 1 New York 1

Columbus 3 Chivas USA 3

Los Angeles 1 New England 0

Houston 2 FC Dallas 2

Chicago 2 San Jose 2

Seattle FC 2 Real Salt Lake 1

Colorado 1 Sporting Kansas City 1

HOCKEY

AHL PLAYOFFS

All times Eastern

CALDER CUP FINAL

(Best-of-7 series)

HOUSTON VS. BINGHAMTON

(Series tied 1-1)

Saturday's result

Binghamton 2 Houston 1 (OT)

Wednesday's game

Houston at Binghamton, 7:05 p.m.

Friday's game

Houston at Binghamton, 7:05 p.m.

Saturday, June 4

Houston at Binghamton, 7:05 p.m.

Tuesday, June 7

x-Binghamton at Houston, 8:05 p.m.

Thursday, June 9

x-Binghamton at Houston, 8:05 p.m.

x — if necessary.

MEMORIAL CUP

At Mississauga, Ont.

Sunday's result

CHAMPIONSHIP

Saint John 3 Mississauga 1

SCORING LEADERS

	G	A	PT
Shaw, OS	2	5	7
Fraser, Ktn	4	2	6
Eakin, Ktn	3	3	6
Smith-Pelly, Miss	3	3	6
M.Reinhart, Ktn	1	5	6
Jurco, Sjn	4	1	5
Haimo, OS	1	4	5
Huberdeau, Sjn	2	2	4
King, Ktn	1	3	4
Kirkpatrick, Sjn	1	3	4
Percy, Miss	0	4	4
Anzila, Ktn	2	1	3
Mignard, OS	2	1	3
Flick, Miss	2	1	3
Boaileux, Sjn	1	2	3
Czerwinka, Ktn	1	2	3
Galley, Sjn	1	2	3
Petrav, OS	1	2	3
McLabb, Ktn	0	3	3
Phillips, Sjn	0	3	3
Cizikas, Miss	2	0	2
Berdnikov, OS	1	1	2
Kitsyn, Miss	1	1	2
Mayer, Miss	1	1	2
Shugg, Miss	1	1	2
Blackier, OS	0	2	2
Cantin, Miss	0	2	2

GOLF

PGA

BYRON NELSON CHAMPIONSHIP

At Irving, Texas

Par 70

Final Round

(x-won on first playoff hole; a-denotes amateur; FedEx championship pts. in parentheses)	
x-Keegan Bradley (500), \$1,170,000	65-67-73-72=277
Ryan Palmer (300), \$702,000	65-67-73-72=277
Joe Ogilvie (163), \$377,000	66-70-72-70=278
Ryuji Imada (163), \$377,000	69-68-70-71=278
Jason Day (110), \$260,000	72-71-69-67=279
John Rollins (95), \$225,875	68-70-71-71=280
Matt Kuchar (95), \$225,875	69-71-68-72=280
James Driscoll (73), \$169,000	70-71-74-66=281
Jason Dufner (73), \$169,000	70-70-72-69=281
Nick Watney (73), \$169,000	68-68-73-72=281
Jeff Overton (73), \$169,000	64-74-71-72=281
Rod Pamplim (73), \$169,000	70-68-71-72=281
Arjun Atwal (73), \$169,000	68-72-67-74=281

Cutting, OS	0	2	2
D'Orazio, Miss	0	2	2

Last night's game not included

MLB

BLUE JAYS 13, WHITE SOX 4

Chicago	ab	r	h	bi	Toronto	ab	r	h	bi
Pierre lf	5	1	1	0	YEscor ss	3	2	2	1
AlRmrz ss	4	0	0	0	McCoys ss	1	0	0	0
Quentin rf	3	1	1	1	CPttrsn lf	5	2	4	3
Konerk 1b	3	0	2	1	Bautist rf	4	1	1	1
McPhrs ph-1b	1	0	0	0	ETHms rf	5	1	0	0
Rios cf	4	1	1	0	JRiver 1b	5	1	2	0
A.Dunn dh	3	0	0	0	Arenovic	4	1	2	1
RCastr c	4	1	2	2	A.Hill 2b	5	1	1	4
Lillirdg 2b	4	0	1	0	Encnc dh	5	2	3	1
Morel 3b	4	0	1	0	RDavis cf	3	2	1	0
J.Nix 3b	4	1	2	2					
Totals	35	4	9	4	Totals	40	13	18	13

Chicago	101	000	002	4
Toronto	600	331	00x	13
DP—Chicago 1, Toronto 1. LOB—Chicago 6, Toronto 6. 2B—Rios (10), Lillibridge (2), J.Rivera 2 (9), J.Nix (3). HR—Quentin (13), R.Castro (2), C.Patterson (4), A.Hill (1), Encarnacion (1). SB—Pierre (9), R.Davis (15).				

Chicago	Danks L 0-8	4	9	9	1	1
Harrell		4	9	4	4	2
Toronto						
R.Romero W 5-4		7	6	2	2	5
Janssen		1	0	0	0	2
Camp		1	3	2	2	0
HBP—by Danks (R.Davis). T—2:33. A—18,325 (49,260).						

SATURDAY

JAYS 9, WHITE SOX 8 (14 INN.)

Chicago	ab	r	h	bi	Toronto	ab	r	h	bi
Pierre lf	6	1	0	0	YEscor ss	6	1	1	0
AlRmrz ss	6	1	3	1	CPttrsn dh	7	4	5	1
A.Dunn dh	7	1	1	1	Bautist rf	4	3	3	3
Konerk 1b	3	1	2	1	JRiver 1b	6	0	2	3
McPhrs pr-1b	0	0	0	0	A.Hill 2b	6	0	1	2
Quentin ph-rf	2	0	0	0	RDavis cf	6	0	0	0
Przyns c	7	0	2	2	ETHms lf	5	0	0	0
Rios cf	7	1	2	0	J.Molin c	6	1	2	0
Vizquel 2b-1b	6	0	0	0	J.Nix 3b	2	0	0	0
Lillirdg rf-2b	5	2	2	2	Encnc ph	1	0	0	0
Morel 3b	6	1	2	0	McCoys 3b	3	0	0	0
Totals	55	8	14	7	Totals	52	9	14	9
Chicago	030	030	011	000	00-8				
Toronto	302	000	300	000	01-9				

— No at bats when winning run scored.

E=Al.Ramirez (10), A.Hill (2), DP=Chicago 2, Toronto 1. LOB=Chicago 10, Toronto 8. 2B=Al.Ramirez 2 (14), Konerko 2 (7), Pierzynski (6), Rios (11), Morel (6), Bautista (8), J.Rivera (7), A.Hill (3), 3B=Lillibrige (1), HR=Lillibrige (5), C.Patterson (3), Bautista (20). S=—Pierre.

No outs when winning run scored.
E—Al.Ramirez (10), A.Hill (2). DP—Chicago 2, Toronto 1. LOB—Chicago 10, Toronto 8. 2B—Al.Ramirez 2 (14), Konerko 2 (7), Pierzynski (6), Rios (9), Morel (6), Bautista (8), J.Rivera (7), A.Hill (11). 3B—Lillibridge (1), HR—Lillibridge (5), C.Patterson (3), Bautista (20). S—Pierre.

Toronto						
Villanueva	5	8	6	5	1	4
Camp	1	0	0	0	0	0
Rzepczynski	1	0	0	0	1	0
Detel H,2	1	1	1	0	0	1
F.Francisco BS,3-8	2-3	2	1	1	0	1
Fraser	12-3	1	0	0	1	1
L.Perez W,1-0	32-3	2	0	0	0	0
Thornton pitched to 1 batter in the 7th.						
Floyd pitched to 1 batter in the 14th.						
HBP—by Camp (Lillibridge). WP—Villanueva, L.Perez. PB—J.Molina.						
T—4:17. A—22,659 (49,260).						

Thornton pitched to 1 batter in the 7th.
Floyd pitched to 1 batter in the 14th.
HBP—by Camp (Lillibridge). WP—Villanueva, L.Perez. PB—J.Molina.
T—4:17. A—22,659 (49,260).

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	30	22	.577	—
New York	28	23	.549	1½
Tampa Bay	28	24	.538	2
Toronto	27	26	.509	3½
Baltimore	24	27	.471	5½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	31	19	.620	—
Detroit	25	26	.490	6½
Kansas City	23	29	.442	9
Chicago	24	31	.436	9½
Minnesota	17	34	.333	14½

WEST DIVISION

	W	L	Pct	GB
Texas	28	25	.528	—
Los Angeles	28	27	.509	1
Oakland	27	27	.500	1½
Seattle	26	26	.500	1½

Yesterday's results

Toronto 13 Chicago White Sox 4

Texas 7 Kansas City 6

Tampa Bay 7 Cleveland 0

L.A. Angels 6 Minnesota 5

Oakland 6 Baltimore 4

N.Y. Yankees 7 Seattle 1

Boston 4 Detroit 3- (1st game)

Saturday's results

Toronto 9 Chicago White Sox 8 (14 inn.)

Texas 10 Kansas City 1

Seattle 5 N.Y. Yankees 4 (12 inn.)

Minnesota 1 L.A. Angels 0 (10 inn.)

Cleveland 7 Tampa Bay 3

Oakland 4 Baltimore 2

Boston at Detroit (ppd., rain)

Today's games

All times Eastern

Minnesota (Blackburn 4-4) at Detroit (Penny 4-4), 1:05 p.m.
N.Y. Yankees (Colon 2-3) at Oakland (Cahill 6-2), 4:05 p.m.
Baltimore (Arrieta 6-2) at Seattle (Fister 2-5), 4:10 p.m.
L.A. Angels (E.Santana 3-4) at Kansas City (Hochevar 3-5), 4:10 p.m.
Texas (D.Holland 3-1) at Tampa Bay (W.Davis 4-4), 6:40 p.m.
Cleveland (Carmona 3-5) at Toronto (Jo-Reyes 0-4), 7:07 p.m.
Chicago White Sox (Peavy 1-0) at Boston (Lester 7-1), 7:10 p.m.

CYCLING

GIRO D'ITALIA

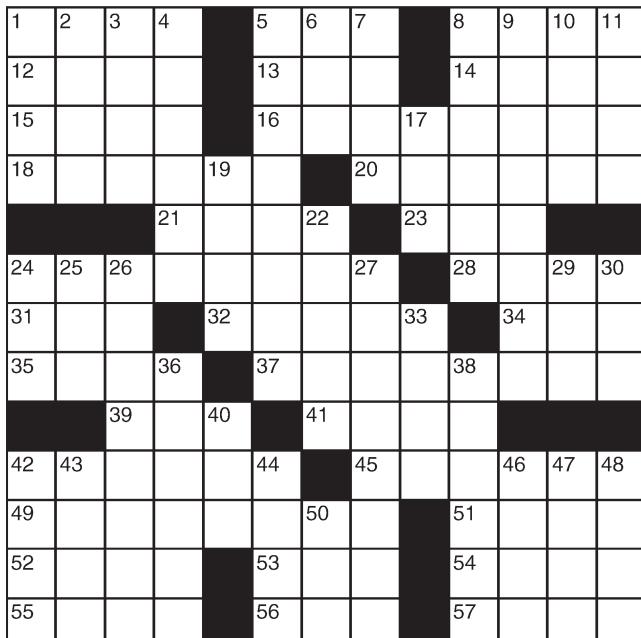
At Milan, Italy

Final and 21st Stage

Crossword

Across

- 1 Ballet skirt
5 "A pox upon thee!"
8 Sore
12 Microwave, for one
13 Praise in verse
14 Comrade of Mao
15 Clothing store section
16 Attendance check
18 Wolf in the hen-house?
20 "Yes" or "no" follower
21 Settled down
23 — generis
24 Command to Fido
28 Being, to Brutus
31 Historic time
32 Elaine's surname on Seinfeld
34 Wire measure
35 Air outlet
37 Price reduction
39 Baseball hat
41 Actor Julia
42 Antarctic volcano
45 Now
49 Race drivers' protectors
51 Lumber
52 Reed instrument
53 Fish eggs
54 "Do — others ..."
55 Collections
56 Do sums
57 Equal



Down

- 1 Grant's —
2 Eye layer
3 Be inclined (to)
4 Open
5 Let-by-gones-be-by-

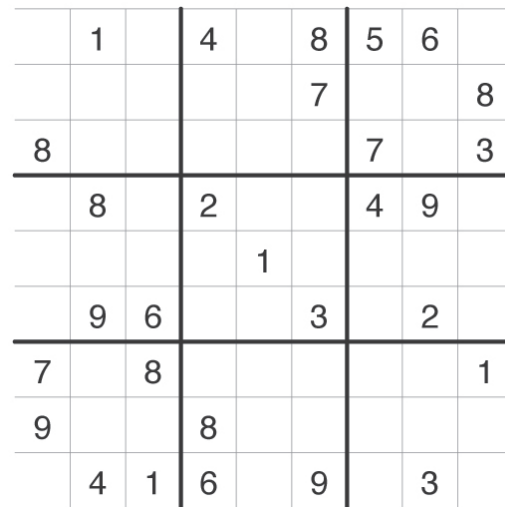
- 6 Weddings words
7 Morays and congers
8 Accumulate
9 Special appeal
10 Aperture
11 Christmas
17 Fleur-de —
19 Amorphous mass
22 Male voice
24 Churchly title (Abbr.)
25 Raw rock
26 Trusted knight
27 Got sick again
29 Bracketed notation

- 30 Wapiti
33 Insult
36 Restaurant furniture
38 Enlarge a photo
40 Saloon
42 Love god
43 Pajama cover-up
44 Poet Teasdale
46 Zilch
47 Carry
48 Smell
50 Scepter

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4	8	5	2	6	3	7	9	1
9	2	3	1	8	7	4	6	5
1	6	7	5	4	9	3	2	8
3	5	1	4	9	6	8	7	2
6	7	2	3	5	8	9	1	4
8	4	9	7	1	2	5	3	6
5	9	4	6	3	1	2	8	7
7	3	6	8	2	4	1	5	9
2	1	8	9	7	5	6	4	3

Yesterday's answer ►

Today	26°/16° Partly cloudy	Tuesday	27°/19° Variable
-------	--------------------------	---------	---------------------



You have voted us #1 for best forecasts on TV. Thank you Canada!

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Today's horoscope

♈ Aries March 21-April 20 Anything done as part of a team will go exceptionally well over the next seven days.

♉ Taurus April 21-May 21 If a friend or relative needs a shoulder to cry on today you will be there for them.

♊ Gemini May 22-June 21 You are in the mood for fun and games and you'll get plenty of both over the next few days.

♋ Cancer June 22-July 22 Make it your aim to stand back from what you are working on.

♌ Leo July 23-Aug. 23 You won't want to push yourself too hard today.

♍ Virgo Aug. 24-Sept. 22 You will be acutely sensitive to others people's problems today.

♎ Libra Sept. 23-Oct. 23 An active imagination is generally a very good thing but don't let it run riot today or you'll see enemies behind every door.

♏ Scorpio Oct. 24-Nov. 22 You need to find ways to catch the eye of employers and other important people.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 If you want to take a longer vacation, now is the time to do something about it.

♑ Capricorn Dec. 22-Jan. 20 It's okay to dream, but don't let infatuation take hold.

♒ Aquarius Jan. 21-Feb. 18 Forget about anything but having a good time with the people who mean the most to you.

♓ Pisces Feb. 19-March 20. After a period of intense activity should come one of well-deserved rest. **SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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08 Volvo C30

• Load, A/C, Auto
• st: 32010
• km: 43228

\$18,650

\$170***
Bi-weekly



06 Nissan X-Trail XE

• Load, A/C, Auto
• st: 31654
• km: 73849

\$11,650

\$123***
Bi-weekly



07 Accord SE

• Load, A/C, Auto
• st: 31926
• km: 88855

\$12,740

\$116***
Bi-weekly



10 Suzuki SX4

• Load, A/C, Auto
• st: 31749
• km: 94151

\$11,740

\$95***
Bi-weekly



08 Sienna LE

• Load, A/C, Auto
• st: 29575
• km: 71184

\$19,950

\$182***
Bi-weekly



07 Lincoln MKZ

• AWD, Load, Roof, Lthr, Auto
• st: 31917
• km: 53533

\$19,870

\$181***
Bi-weekly



07 Miata MX-5 Coupe

• Convertible, Load, A/C, Auto
• st: 32058
• km: 56326

\$19,970

\$182***
Bi-weekly



GREAT VEHICLES UNDER

\$10,000

10 Mustang Convert

• Load, A/C, Auto
• st: 31839
• km: 53533

\$23,850

\$185***
Bi-weekly



08 Gr. Caravan SE

• Stow N Go, Load, A/C
• st: 31772
• km: 92834

\$13,450

\$123***
Bi-weekly



07 Calibre SXT

• Load, A/C
• st: 31790
• km: 82291

\$8,780

\$80***
Bi-weekly



07 Montana SV6

• Load, A/C
• st: 31570
• km: 94151

\$9,370

\$85***
Bi-weekly



07 Mazda3

• Std
• st: 31970
• km: 81193

\$8,260

\$75***
Bi-weekly



08 Saturn Astra EX

• Load, A/C, Std
• st: 31916
• km: 31337

\$9,980

\$91***
Bi-weekly



08 Mini Cooper

• Convert, Load, A/C, Lthr, Auto
• st: 32052
• km: 53583

\$23,450

\$205***
Bi-weekly



07 Camry LE

• Load, A/C, Auto
• st: 31960
• km: 94029

\$12,960

\$118***
Bi-weekly



09 Kia Rio

• Load, A/C, Std
• st: 31178
• km: 44890

\$9,960

\$81***
Bi-weekly



07 Compass Sport

• Load, A/C
• st: 31709
• km: 94154

\$9,950

\$91***
Bi-weekly



09 PT-Cruiser

• Load, A/C, Auto
• st: 31807
• km: 59071

\$8,950

\$72***
Bi-weekly



08 Pontiac G5 Coupe

• A/C, Auto
• st: 31249
• km: 68951

\$8,650

\$79***
Bi-weekly



08 Ford Escape XLT

• Load, A/C, Utility, Auto
• st: 32087
• km: 92700

\$12,850

\$117***
Bi-weekly



09 Civic DX

• Load, A/C, Auto
• st: 29980
• km: 52024

\$14,450

\$117***
Bi-weekly



07 Sebring

• Load, A/C
• st: 31515
• km: 86262

\$9,680

\$88***
Bi-weekly



07 Ford Focus SE

• Load, A/C
• st: 31662
• km: 78401

\$6,980

\$64***
Bi-weekly



07 Five Hundred SEL

• Load, A/C
• st: 32092
• km: 106039

\$9,970

\$91***
Bi-weekly



06 Swift

• Load, A/C
• st: 31979
• km: 67317

\$6,940

\$73***
Bi-weekly



07 Freestyle SEL

• Load, A/C, Auto
• st: 31952
• km: 85238

\$13,840

\$126***
Bi-weekly



09 Matrix

• Load, A/C, Auto
• st: 31893
• km: 64380

\$13,950

\$113***
Bi-weekly



07 Mazda5 GS

• Load, A/C
• st: 31804
• km: 91365

\$9,980

\$91***
Bi-weekly



08 Elantra

• Std
• st: 31585
• km: 87573

\$7,380

\$67***
Bi-weekly



07 Golf City

• Std
• st: 31531
• km: 74669

\$8,960

\$82***
Bi-weekly



07 Pontiac Vibe

• A/C, Std
• st: 32044
• km: 95204

\$9,650

\$88***
Bi-weekly



07 Patriot Sport

• Load, A/C, Auto
• st: 31996
• km: 76411

\$10,860

\$99***
Bi-weekly



10 Toyota Yaris

• Load, A/C, Auto
• st: 32076
• km: 50602

\$12,850

\$104***
Bi-weekly



08 Solara SLE Convert

• Load, Lthr, Auto
• st: 31805
• km: 58333

\$24,850

\$218***
Bi-weekly



08 Equinox LS

• Load, A/C, Auto
• st: 31950
• km: 58895

\$14,960

\$136***
Bi-weekly



08 Ford Ranger Sport

• Load, A/C, Auto
• st: 32037
• km: 58194

\$12,470

\$114***
Bi-weekly



07 Altima 3.5S

• Load, A/C, Roof, Lthr, Auto
• st: 32061
• km: 72178

\$13,870

\$126***
Bi-weekly



07 Mazda CX7 GS

• AWD, Load, A/C, Auto
• st: 29811
• km: 67352

\$15,840

\$144***
Bi-weekly



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